

Positive Alternatives 2015 - 16 Quarterly Update

Grantee: Face to Face Health and Counseling Service, Inc.

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Goal: To support, encourage, and assist young women to complete their pregnancy, have healthy birth outcomes, appropriately care for their newborns, and increase their stability and self-sufficiency as parents.

For the period: October 1 – December 31, 2015

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
Administrative Activities	Provide ongoing supervision and guidance of grant staff; ensure reporting and evaluation activities are completed		Prenatal case managers, nursing staff, and nurse practitioners meet on a weekly basis to discuss continuity of care, centering pregnancy, and best practices for prenatal clients. Case consultations occur for clients as needed. Grant budget meetings occur monthly.	
Outreach	Prepare and distribute wallet-sized cards describing Connect program		Women who have positive pregnancy tests at Face to Face are given information about prenatal care and Connect prenatal case management program. Connect cards are also distributed in the community through our Health Education Department at outreach events. Connect case managers spend 2 hours a week at SafeZone (drop in center for homeless youth), providing pregnancy testing, outreach and education to young women, and connecting those needing prenatal care to services at Face to Face.	

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Case Management Services	Provide case management support to prenatal clients; provide home visits for clients who have missed prenatal care visits	300	Our case management visits continue to exceed our quarterly goal. Many prenatal clients are meeting with their case managers at scheduled OB appointments, as well as in between appointments while working on meeting their self-identified goals.	334 Visits
Provide Necessary Services Assessments to all clients	Provide intake assessment to determine need. (New Clients)	45	We are slightly under goal this quarter for new clients entering our prenatal program. In January 2016, we have increased our case management at Safe Zone (our youth drop-in center) to increase new clients entering our program, (See more in Challenges section.)	33 Clients
Financial Assistance	Provide assistance in completing applications for financial assistance;	120	Last quarter we saw an increase in the number of times that case managers provided support completing applications for financial assistance. This quarter we see a slight decline in this area. Sometimes, we do meet with new clients who have already applied or enrolled in financial assistance programs. Follow up is still offered as needed.	89 Times
Mental Health	Provide pre-natal and post-partum depression screening; provide referrals to non-PA funded Mental Health providers as needed	70	Goal: 60 Depression Screenings, 10 Referrals Actual: 87 Depression Screenings, 18 Referrals In our effort to continue providing our prenatal clients easy access to mental health through our warm referral process, we have seen our referrals increase. We continuously seek to reduce the stigma around receiving mental health care, and ensure our clients are educated about the importance of physical and mental health.	105 Times
Nutrition	Provide information on proper nutrition; provide referrals and follow-up; provide food bags, baby formula, and food gift cards as needed	45 – information 25 – food bags, etc.	Though a small decrease from last quarter, food insecurity and access to adequate nutrition continues to be a concern for many of our clients. Also noted in this area, as we are continuing our evaluation in trying to increase our rates of	62 Clients

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			breastfeeding. As a result, we may be providing emergency baby formula less frequently.	
Parenting Education	Provide two parenting events per year including education on parenting-related topics	100/ year	28 clients, and their kids and family members, attended this year's Winter parent event. Outreach and education were provided to all attendees by MNsure, Child and Teen Checkups, Community Dental Clinic, and Phalen Village Residency program offering nutrition information. Families were provided dinner, games and prizes, and pictures with Santa. Many volunteers assisted case managers during this successful event.	28 Qtr/ 28 Yr
Pregnancy Education	Provide pregnancy education within Centering Pregnancy® and prenatal education classes	60 Centering Visits 5 - additional	3 Groups, 37 Visits, 17 Clients Though still under our quarterly attendance goal, we continue to work towards all of our projected Centering Pregnancy implementation goals. We are happy to report that this quarter, the 3 groups that met all exceeded our previous group average of 4 members. We saw two groups this quarter with 6 members, and one group with 5 members. We are optimistic about this increase. (See more in comments section.)	37 Visits
Pregnancy Testing	Provide pregnancy testing 2 hours per week at SafeZone location	12	9 clients this quarter met with Case Managers at Safezone and received pregnancy testing. We have decided to implement a few changes to this activity beginning in our next quarter. (See more in Challenges section.)	9
Prenatal Medical Care	Provide prenatal care visits in Centering Pregnancy (60 per quarter) integrating medical care with pregnancy education and support;	60 – Centering Pregnancy	276 Visits with 80 Clients We are maintaining numbers of visits since last quarter's report. (Last quarter 272 visits.) As we saw a small decrease in new clients this quarter, we expect this to	276 Visits

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	provide individual prenatal care visits (240 per quarter)	240 – individual prenatal visits	also be reflected in our overall prenatal medical care visits.	
Provide Necessary Services Assessments Only	Staff provides clients only intake assessments, information on, referral to and assistance with securing necessary services	1	One client this quarter had an initial intake and then transferred care to another clinic.	1 client
Transportation	Provide taxi rides or bus fare for clients to get to appointments.	60	Bus Tokens: 64 Cab Fare: 30 We assist and encourage clients to utilize their transportation assistance through their health insurance. However, many clients awaiting insurance enrollment are still in need of help getting to and from their clinic visits. In order to maintain budget goals, we attempt to provide cab rides to clinic visits and bus rides to get home.	82 Times

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	n/a
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	n/a
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	19
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	19
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	n/a

Maternal and Child Health Initiative Task Force Strategies	No.
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	19

Challenges: We have seen a slight decrease in new prenatal clients this quarter. As we are continuously trying to ensure that clients needing our services are aware of our prenatal program, we are always seeking to increase the number of clients served. This quarter we have decided to increase prenatal case management time at SafeZone. It has long been noted that pregnant and parenting clients are accessing services at SafeZone. Some of these clients are utilizing prenatal medical care and case management at our clinic location and some are not. We are hoping that by increasing case management time at SafeZone, from 2 hours/week to 4 hours/week (2 afternoons a week), and by having one identified prenatal case manager there consistently, that we can help to reach these clients who are not receiving case management and/or prenatal medical services. We look forward to reporting on this change in the coming months. We will continue to offer pregnancy testing during these scheduled times and try to meet with clients early in pregnancy to initiate necessary service referrals and prenatal medical care.

Comments: We are optimistic this quarter about our increased size in active Centering Pregnancy groups. As mentioned above, all 3 groups that met throughout this quarter exceeded our previous average group size of 4 members. We saw groups with 5 and 6 members actively enrolled. One implemented strategy from last quarter was doing a drawing to give away one new (donated) baby item at each scheduled Centering session. It may be too early to tell if this has had a positive effect on attendance. We hope to seek more feedback about this with Centering evaluations completed by group members prior to delivery.

Another strategy that we are looking to employ in this next quarter is to revisit our process for discussing prenatal care with each client at intake. As recommended by Centering Pregnancy, we are going to try to ensure that all staff (nurse practitioners and case managers) are using the same language and talking points when describing group prenatal care to new clients. It is advised to avoid over explaining this, often, new model of prenatal care and to focus on encouraging women to take advantage of a consistent schedule for **all** of their prenatal appointments, more time with their provider and case manager, and an opportunity to meet with other pregnant women.